

Introduction

The birth of each baby has a long lasting impact on the physical and mental health of mother, baby and family. In the twentieth century, we have witnessed vast improvements in the safety of childbirth, and now efforts to improve psychosocial outcomes are receiving greater attention.

The importance of fostering relationships between parents and infants cannot be overemphasized, since these early relationships largely determine the future of each family, and also of society as a whole. The quality of emotional care received by the mother during labor, birth and immediately afterwards is one vital factor that can strengthen or weaken the emotional ties between mother and child. (1, 2) Furthermore, when women receive continuous emotional support and physical comfort throughout childbirth, their obstetric outcomes may improve. (3-7)

Women have complex needs during childbirth. In addition to the safety of modern obstetrical care, and the love and companionship provided by their partners, women need consistent, continuous reassurance, comfort, encouragement and respect. They need individualized care based on their circumstances and preferences. The role of the birth doula encompasses the nonclinical aspects of care during childbirth.

This paper presents the position of DONA International on the desirability of the presence of a birth doula at childbirth, with references to the medical and social sciences literature. It also explains the role of the doula in relation to the woman's partner, the nurse and medical care providers. This paper does not discuss the postpartum doula, who provides practical help, advice and support to families in the weeks following childbirth. The postpartum doula is the subject of another DONA International Position Paper. (8)

Role of the Doula

In nearly every culture throughout history, women have been surrounded and cared for by other women during childbirth. Artistic representations of birth throughout the world usually include at least two other women surrounding and supporting the birthing woman. One of these women is the midwife, who is responsible for the safe passage of the mother and baby; the other woman or women are behind or beside the mother, holding and comforting her. (9) The modern birth doula is a manifestation of the woman beside the mother.

Birth doulas are trained and experienced in childbirth, although they may or may not have given birth themselves.

Doulas provide continuous physical and emotional support and assistance in gathering information for women and their partners during labor and birth. The doula offers help and advice on comfort measures such as breathing, relaxation, movement and positioning, and comforts the woman with touch, hot or cold packs, beverages, warm baths and showers, and other comforting gestures. She also assists the woman and her partner to become informed about the course of their labor and their options. Perhaps the most crucial role of the doula is providing continuous emotional reassurance and comfort for the entire labor. (4)

Doulas are well-versed in nonmedical skills and do not perform clinical tasks, such as vaginal exams or fetal heart rate or blood pressure monitoring. Doulas do not diagnose medical conditions, offer second opinions or give medical advice. Most importantly, doulas do not make decisions for their clients; they do not project their own values and goals onto the laboring woman. (10, 11)

The doula's goal is to help the woman have a safe and satisfying childbirth as the woman defines it. Because the presence of a doula results in less use of pain medication or epidural analgesia (7), many women who prefer a medication-free birth request a doula's assistance. However, doulas also provide valuable support to women who desire pain medications.

Dona International Position Paper

Yan Bai



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